

UNITY DAILY WORD

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*Revealing to You
Your Health, Prosperity, and
Happiness*

January, 1930

*"The Lord's Prayer:
The Absolute Command"
"Constantly Happy"
"Forgive! Forget!"*

A Page of Inspiration for Each Day

SILENT UNITY CLASS THOUGHTS

December 20 to January 19

Christ, the living word, quickens and illumines me.

The Spirit that quickened Jesus quickens me, and I am healed.

The Spirit that multiplied the loaves and fishes for Jesus increases my substance, and I manifest prosperity.

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UNITY DAILY WORD

A little companion that daily will direct your steps
to the sun-tipped heights in whose glory you will behold
the son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

FOR THE LARGER, BROADER LIFE

By WILLA HOEY

Keep me from pettiness, O Lord, I pray.
Let me be large in thought; take Thou away
Self-seeking, defending; I humbly ask
Grace to grow calm, so to meet every task;
Self-pity, pretext, all these let me spurn;
Done with all faultfinding, yet may I learn
Always the best in all others to find,
And, in my judgments, O Lord, make me kind.

CHRIST WALKS WITH ME

By GRENVILLE KLEISER

Christ walks with me today,
Christ keeps me all the way;
Christ gives in every need,
Christ guides in every deed.

Christ grants me power to do,
Christ makes good words come true;
Christ shows me how to live,
Christ teaches me to give.

Christ solves my darkest doubt,
Christ shuts all evil out;
Christ guides my human will,
Christ bids me, "Peace, be still."

Christ heals my ills and sin,
Christ cleanses me within;
Christ gives me faith for fear,
Christ walks so very near!

Christ fills my life with love,
Christ turns my eyes above;
Christ guards me through the night,
Christ leads me to the light.

CONSTANTLY HAPPY



LOOK AT the thousands of faces to be seen in a city street and you will see intense need of happiness. The few faces lighted by smiles seem to stand out in the crowd like rays of sunshine emerging from inky blackness. As you look at the frowns and expressions of pain, you may wonder regarding the cause of them; you may think that they who are sons of God have allowed themselves to become sons of sorrow, they who should be walking in heaven are treading the path of despair.

One need seems paramount, the need of happiness. You long to give those whom you see the understanding that will free them from unhappiness and despair. You would whisper to them the Truth and see their faces beam with joy. You would tell them the simple truth that in reality no person, thing, or circumstance can affect them, since God is all in all.

Here is one son of God who seems to be disguising himself with a mask of frowns. Possibly when he left home this morning the world was looking rosy and the skies were blue. He wore no mask then; he was just himself. His heart sang the song of dawn, in which the glory of a new day was celebrated and glorified. He was planning just what to do as soon as he reached the office. When he arrived he picked up the telephone and found that something had interfered with his plans. Then that hard mask appeared. He is now on the street again, spreading his propaganda of frowns, attesting

to his belief that affairs of the world have power to limit his joy.

Here is another son of God, a woman who is always joyful when things go right. But another woman has just looked at her in a "funny" sort of way. Now Number One walks for blocks, accusing herself of every conceivable wrongdoing that might have given Number Two occasion to act that way. Possibly the day is spoiled.

Another passes along who is not digesting his breakfast well because he has just read yesterday's market reports and found the news not at all to his satisfaction. The frowning breakfast is now broadcasting a general complaint from his countenance. The desire to make money quickly is interfering with both health and happiness.

Are you wondering when men and women will be free from sorrow and depression? Can anything deliver them but their realizing the actual truth of their freedom? Is any truth more necessary than that of their spiritual detachment from people, things, and situations of the outer world? Could deliverance come through any other understanding than the knowledge that God within them is all in all, eternally constant, and unaffected by the outer world?

Does heaven, the ideal of all existence, mean anything less than constant happiness? Think of the joy of going through life with this blessing bestowed upon you: *You are unable to let people, things, and circumstances of the outer*

world affect your joy and happiness. Would the world become heaven to you if a fairy wand were waved over your head and that blessing were literally bestowed upon you? Then remember, the spirit of God continually seeks to bless you in this way.

Those who have learned the way of happiness are not assuming a mask of happiness. Such a mask would ill become the one who knows real happiness. Those who are truly happy are happy from the very center of their being. Their happiness is implanted so deeply within them that it cannot be affected or moved.

The power of the mystic and the complacency of the nun show us the virtue of detachment from outer things. We look upon the face of the mystic and silently question, "Wherein lies your power?" The silent answer comes to us: "Knowledge that people and things have no power. Knowledge that God within me is omnipotent."

Constant happiness is not fickle or temperamental. When man learns the secret of happiness, the secret is his for all time. He is happy not only when there is nothing to make him unhappy; he is happy not only when he thinks that no one is thinking, speaking, or acting against him. He is constantly happy; his happiness endures and endures, regardless of external things and conditions.

The way of happiness is the way of God—the way of light, peace, love, and health. The way may seem to be hidden at times, but as we

brush the thorny thoughts aside, the path is revealed to us. It is a road of joy.

Somehow, we never seem to feel as close to God as we do when we are happy. The reason for this is that our close relation to God has made us happy. As we draw close to Spirit within us we draw farther and farther from the things of the world that have seemed to have power to disturb us. This gives us a clue to happiness. When persons or things seem to make us unhappy, we should turn our thought within. We should turn to the truth that God within us is all in all. In His world there can be no disturbing thoughts. In His kingdom we live a life of perpetual joy, a life of constant happiness.

Happiness is natural to the spiritual man, and such we are in truth. The spiritual man lives close to Spirit, the very Spirit of happiness. He lives right where happiness is made, and it comes to him first-hand.

Happiness does its part in bringing about health and prosperity. Happiness stirs one's physical forces, and health results. Stagnation and crystallization in the body are soon relieved when the joy and the life of Spirit do their healing work. One's environment and business take on a prosperous air when joy is radiating from one's heart.

Instead of belonging to the few, happiness is the property of all, of all who know its secret. Those who learn to detach themselves from disturbing circumstances find happiness

within themselves. They discover that the son of God is unaffected by outer conditions. They, like God, do not worry or frown. Neither do they give to persons or things the ability to steal their happiness.

The impersonal consciousness has power to free us from the belief that persons can take the joy out of our lives. In the personal consciousness we think that others can affect and harm us. In the impersonal, universal consciousness we have no desire to disturb others, neither do we impute to them the desire or the power to disturb us. Events of the world can never rise above a certain level. They cannot reach those who abide on the mountain heights, the peaks of spiritual understanding.

Can you picture to yourself the joy of living unaffected by what others think, say, or do? Do you not see that you can just as easily think the truth of your relation to God as you can think the false thought of your unpleasant relation to things? Only by your unifying yourself with Spirit within you can you bring things of the outer world to a satisfactory basis. *You cannot regulate things of the world by your fear of them.* You cannot adjust matters of the world when you are unhappy about them. You must rise to the consciousness wherein you *know* that Christ within you is master over all things, at all times, and under all circumstances.

In this happiness of Spirit you will be supremely happy. You will rejoice over your freedom from the seeming power of things.

MY GOAL

"God created man in his own image,
in the image of God created he him."

God is life, truth, love, spirit, mind, soul.
I pattern my likeness after the Infinite
by conforming

My thoughts to express God's intelligence;

My understanding to reveal God's wisdom;

My kindness to convey God's love;

My goodness to emulate God's compassion;

My righteousness to demonstrate God's truth;

My life to animate God's spirit;

My mien to exemplify God's grace;

My substance to manifest God's mind;

My purity to unfold God's perfection;

My being to reveal God's soul.

Thus, as in a mirror, face to face, I avail
myself of the creative Force which, so
fashioned, moves and governs man
and the universe, and I realize for myself
the substance, bounty, and glory
of God.

—*Baghdigian.*

THE LORD'S PRAYER: THE ABSOLUTE COMMAND

By LEWIS E. BRAY

The Lord's prayer is that prayer by which you come to know your absolute unity with God. By unity is meant oneness, not twoness. Man's sense of duplication claims that there are both God and man; that man is a separate being, separate in every way. The sense of spiritual understanding sees and recognizes oneness—the oneness of being only. There is but one being and that one is God—life, truth, love. The terms God, Christ, spiritual man, I AM, mean virtually the same thing, the same being, the same substance, as there is but one.

OUR FATHER WHO ART IN HEAVEN

The one Spirit, which art forever in the kingdom of perfection, health, holiness, knowing nothing else.

HALLOWED BE THY NAME

Thy name is holy. It means wholeness, perfection, and absoluteness. This is Thy name and my name.

THY KINGDOM COME

Thy kingdom *is* come. It is now here. Thou art ever present. There is no human I. There is only Thou and, in absolute Truth, Thou art I, and I am Thou. There is no absence of God from me, neither am I absent from God, because "I AM THAT I AM."

THY WILL BE DONE, AS IN HEAVEN, SO ON EARTH

Thy will *is* done in the perfect kingdom. So

it is done right here on earth, for here only is the perfect kingdom, here or anywhere. There is no place where Thou art not, neither is there any place where there is any lack of Thy perfect manifestation.

GIVE US THIS DAY OUR DAILY BREAD

Give me daily perception of Thy glory, Thy completeness, as it is already mine, because of the love of Christ—the love, the unity, that not only exists between us, between Christ and me, but also joins us as the one Being.

**FORGIVE US OUR DEBTS, AS WE ALSO HAVE
FORGIVEN OUR DEBTORS**

Destroy my sins; reduce them to nothing even as they are nothing. All my sins are wiped out; my slate is clean; my debt to you, O God, is canceled. I have remitted; I owe nothing. I have freely sacrificed all human belief, all doubt, all fear, all error, all illusion. Since there is in Spirit no distinction between us, it is impossible for anything, without me, to claim a greater authority over me than the one power and substance that is within me. There is nothing without or within me but love, unity, oneness. All is one.

**BRING US NOT INTO TEMPTATION, BUT DELIVER
US FROM THE EVIL ONE**

Thou canst not lead me into temptation, since in Spirit there is no temptation into which to fall. There is nothing outside omnipresence that could either come or go or tempt the wholeness, the divinity, within me. There is no

possible chance for spiritual man to fall from the true estate of God Being. In absolute Truth, there is no possibility of spiritual man's lapsing into sickness or into any other condition or situation that might be termed less than perfection. In God—in the one Being— sin, disease, and death do not exist.

FOR IF YE FORGIVE MEN THEIR TRESPASSES, YOUR
HEAVENLY FATHER WILL ALSO FORGIVE YOU.

In Truth, there are no sinning men and there is no power of sin over spiritual man. In Spirit, we have no thought of trespasses, no belief in sin. There is no desire to hold others to sins of the past, since in Truth there is neither past time nor memory of sinful beliefs. In Divine Mind, spiritual man knows no sin, experiences no desire for anything less than God. God, the principle of absolute Truth, does not behold iniquity. In His sight we are free from sin, forgiven for accusing ourselves of sin. In absolute Truth, man continues to enjoy the forgiving, freeing love of Spirit.

FOR THINE IS THE KINGDOM, AND THE POWER,
AND THE GLORY, FOR EVER

The glory of God is with me, within me, now, expressed in me now and forever. If forever, then *now*, for God could never cease to be Himself for one instant. The power of God is fulfilled in me. The power of God is the destruction of all that is named "evil." The power, the glory, the perfection of God are

expressed in me *as* my identity and are the *I* of me. They are expressed in my mind and in my body as mental and physical perfection. God is infinite, complete, absolutely absolute; I AM this complete being and I manifest absolute manifestation.

God is all, there is none else. I cannot see anything else, feel anything else. I see nothing but God and His image and likeness, the manifestation of Spirit, the perfect transcendent body, the perfect prototype of spiritual perfection. I see the perfection of God in my very flesh. I insist that this is my spiritual heritage.

Only false belief can bring about false manifestation and there is in Truth no false belief, no wrong-mindedness. There is only Thou, O God, Thou great and only being—the substance of my substance, the life of my life, the health of my health. If I seem to see or to sense disorder or disease, this is proof of just one thing—the unreality of all that is unlike Thyself—and, therefore, proof that I can see and experience neither disorder nor disease. Amen.

It is the Father's good pleasure for you to take command of this kingdom, for you to know your separation from all evil, which is false belief; for you to realize your eternal oneness with God in heaven, here and now manifest.

Establish yourself now in this kingdom of perfection. Pray often The Lord's Prayer with the illuminated understanding that through Him you are in positive command.

WEDNESDAY, JANUARY 1

Today's Dynamic Word: *This day I enter into a new world—a world in which my peace, health, and plenty appear.*

HAVE YOU learned to cease holding to old conditions which you have outgrown? Have you longed to live in a new world, the world of your dreams, the world of ideals made real? Why not emerge into that world today? You can do it.

You can leave the world of sorrow, pain, and limitation and enter the world of peace and plenty. You can leave the old life behind, just as if you were leaving one planet for another. Your only connection with the world of yesterday, the mistakes and worries of yesteryear, is your thought. When your thought becomes renewed and heavenly, you can enter a new and heavenly world. You must guard your thought. You must watch and pray that you do not think the thoughts that would cause you to live today in the world of yesterday.

Renewing your mind, you will discover yourself in a new world. You will find yourself in a world of peace, beauty, and plenty. It will be your world—in fact, the only world that has ever existed in reality. It will be a new world to you but a world existing from eternity to eternity. In this world your dreams will come true; your ideals will be made real.

Newly set the watch.—*Judges 7:19.*

THURSDAY, JANUARY 2

Today's Dynamic Word: *My faith in the power of Christ within me frees me from all doubt and disbelief. I am faithful.*



WE MUST have faith. How necessary it is that we feel within us the power to go ahead and to accomplish whatever we undertake! How essential it is that we realize that within us is the presence of Spirit, mighty to carry us through any situation! How could we doubt God?

To be without faith is to be without anything tangible, without anything to which we could link ourselves, without anything that if rightly understood would inspire us to greater and better things. We can see that we must have faith. We must have faith in God, in the higher something within us that calls and inspires us to a higher and broader life.

Disbelief is negative. It causes blessings to be turned away from us. It shuts us off from blessings that would be lavished upon us were we positive and faithful to the good.

Doubt sets up a barrier to blessings. Blessings seem to want to be invited to come to us, because they go most readily to the person who is most receptive to them. Through faith we join hands with God and His blessings. By faith we lay hold of our own good.

Jehovah preserveth the faithful.—*Psalms 31:23.*

FRIDAY, JANUARY 3

Today's Dynamic Word: *I give up all tendency to be anxious, because I abide in the assurance that through Christ all is well with me and with my affairs.*



ANXIETY SHOWS a disposition to look to the future with doubt and fear. Anxiety is never concerned with the present or with an optimistic viewpoint. Those who are anxious are those who have not learned to trust.

The anxious person anticipates evil. He believes in evil as having presence, power, and reality. He may believe in God, the good, but only to the extent of feeling that he must reach for help, even though to him that help may appear helpless in the face of adverse situations.

Anxiety is an adverse state of mind. It is not often associated with the person who is both mentally and physically healthy. The person who allows himself to fall into the habit of being anxious will become anxious with little or no cause. He needs something to cure him of the habit. The remedy lies in the understanding of God and the assurance that comes of knowing Him.

Trusting in Spirit within us and about us, we cannot be anxious; we cannot believe that evil will come to pass. We are content to stand as witnesses to the working of Spirit.

In nothing be anxious.—*Phil. 4:6.*

SATURDAY, JANUARY 4

Today's Dynamic Word: *My eyes are clarified and strengthened through the understanding that they are spiritual and perfect.*



THOSE WHO feel a need for a metaphysical treatment for the eyes must learn to relax and to know the truth about their eyes. They need to relax into the consciousness that Spirit within them has power to see all things clearly and well. This relieves the eyes of all physical strain and causes such persons to rely upon Spirit.

If the sight seems clouded, then we may know that we need to get a clearer understanding of the true nature of sight and of the universe. Since our eyes supply one way for us to contact the world about us and to know it, they must be healthy and strong in order to give us true impressions.

Always think of your eyes as strong and able to see things clearly and distinctly without any physical effort or strain on your part. Learn to look at things with the assurance that you can see them clearly.

Be appreciative of good eyesight. Have no thought of condemnation for your eyes, but bless them for the good service that they render you.

Blessed are your eyes, for they see.—Matt.
13:16.

SUNDAY, JANUARY 5

Today's Dynamic Word: *Abiding in the truth of Christ, I am no longer a sinner. I am now Christ revealing Himself as the perfect, obedient son of God.*



SO SIN is to fall short, to "miss the mark," to be disobedient to the law of God. Jesus found almost a whole world reveling in sin because it was indulging in sinful beliefs. Its people did not know the truth. They fell short of their innate perfection. They failed to know that they were sons of God, untouched by sin.

If you make a mistake in mathematics you fall short of a perfect answer, you fail to use the law, you "miss the mark." Have you "sinned"? Yes, you have missed the mark. You would not be considered a sinner because you have missed the mark in mathematics. Should you be called one if you failed to abide by the law and principle of God? "Whatsoever is not of faith is sin."

The sinner's only recourse is to turn from sinful thoughts and abide in the truth and the law of Christ. He must be converted, must change from sinful beliefs to Truth. He must be obedient to the law of good. He must cease to revel in sin, evil, disease, or adversity.

Sin is lawlessness. And ye know that he was manifested to take away sins; and in him is no sin.—*I John 3:4, 5.*

MONDAY, JANUARY 6

Today's Dynamic Word: *In Truth I am liberated from all bondage to adverse beliefs. I am free.*



TRUTH, the higher philosophy that shows man his true relation to God and the universe, supplies an avenue of escape from the myriad adverse beliefs by which man lets himself be bound to adverse conditions. When man knows Truth he is free from believing the false. Prove this statement for yourself by seeing how difficult it would be to believe a lie to be true. Since you know that three and four make seven, can you possibly conceive of any condition that would cause this truth to become false and cause their sum to be two?

When you know the truth of your freedom in Christ, your freedom from all conditions of bondage, you will not let any situation convince you that you are not perfectly free. You will not permit yourself to be bound to negative thoughts or enslaved by adverse beliefs. You will not let disease, hate, or fear chain you to adverse conditions when you know that you are free in Christ—free in the realization and enjoyment of health, courage, and love.

Christ, the Truth, is your liberator.

He hath sent me . . . to proclaim liberty to the captives, and the opening of the prison to them that are bound.—*Isa. 61:1.*

TUESDAY, JANUARY 7

Today's Dynamic Word: *The love of God in me casts out all hate and fear and, at all times, I am loving.*

LOVE is a universal remedy. It is the antidote for hate and fear. Love is magical in its action because it has power to transform lives. Love can heal and bless when everything else fails.

Do you have any feeling of hate in your heart? Have you tried to remove it and have you found that it does not yield? Then try love. Fill your heart so full of love that hate cannot find a place in it. Think of love to the exclusion of all else. If the thought of hate or personal animosity comes to you, keep loving. Be loving at all times.

Are you fearful? Love has power to remove all fear from your heart. The heart that is full of love can know no fear. Things of the outer world do not make us afraid when our hearts are full of love, of the presence of God.

God is love. When you worship God, you must be loving. You must keep your thought centered upon love in order to keep it centered upon God.

The heart filled with love can preach a more inspiring sermon than all the theologians in the world.

He that loveth not knoweth not God; for God is love.—*I John 4:8.*

WEDNESDAY, JANUARY 8

Today's Dynamic Word: *Every disturbing element is removed from my world because my mind is ruled and pervaded by infinite peace.*



WHEN WE are established in the peace of God, inharmony and disorder have no place in our life. When we realize our oneness with infinite peace, we live in a world in which there are no disturbing elements.

If you would have a peaceful world, be peaceful-minded. Drop from mind every thought that would disturb your peace of mind. Cast from mind every belief that would destroy your peace. Rest in the peace of Spirit and let your mind be pervaded with infinite peace.

Do not think of a peaceful world as an abnormal one. If noise and inharmony have filled your world, you may think of peace as too passive to be desirable. On the contrary, peace is natural to the spiritual man and as we lift our thought to God we find the world of peace to be the true world of Spirit.

Every peaceful thought that you think will contribute to your peace. Every slight realization of peace will help you to realize more clearly that peace is now yours—peace in mind, in body, and in environment.

Now the God of peace . . . make you perfect in every good thing to do his will.—*Heb. 13:20,21.*

THURSDAY, JANUARY 9

Today's Dynamic Word: *I am free from so-called laws of limitation. God, supreme principle, is a law of good governing my life at all times.*



MAN IN ignorance is ruled by many false, self-imposed laws. Some men conceive various laws and other men accept them as laws governing their own life. Finally, the race is bound by man-made, self-imposed laws. Very prominent among these laws of the race are laws of disease. These laws may have had their origin as mere superstitions but, unchallenged, they gradually become laws.

Possibly in your own home your family lives under the "law" that strawberries are unhealthy for the family, or the "law" that walking in the rain will cause disease, or the "law" that the air in the evening is unhealthful. No doubt, there are many "laws" that you have accepted as legitimate and true. Finally you perceive the truth of the law of Spirit, the law of freedom from disease, superstition, and lack—the law of Truth.

The law of Spirit discloses the fallacy of laws of disease and superstition. The law of Spirit is the higher law, the higher authority.

The law of the Spirit of life in Christ Jesus made me free from the law of sin and of death.—Rom. 8.2.

FRIDAY, JANUARY 10

Today's Dynamic Word: *I do not condemn any one, neither am I condemned. There is no condemnation in me.*

RISE OUT of personal consciousness and you will find that you are out of condemnation. You will cease to condemn others or to feel that you are condemned. In personal consciousness you consider your personal impressions of others and their personal impressions of you. In the higher consciousness there is but one person—man free from condemnation, man impersonal and perfect.

When you condemn another you set yourself up as having power to judge. You flaunt the personal man in yourself, even though your motive is to correct or to humble the personal man in the other. The personal in you seeks to point out, to judge, the personal in another.

Condemnation is produced by our comparing personal values. If you condemn another, you usually do so because to you he appears to fall short of the personal standard that you follow. The higher way is to see how nearly another measures up to the standard of Christ. As we ourselves measure up to such a standard we lose all desire to condemn. In fact, we lose the power to condemn.

When he giveth quietness, who then can condemn?—*Job 34:29.*

SATURDAY, JANUARY 11

Today's Dynamic Word: *Abiding in the consciousness of justice, I deal justly with all persons and they deal justly with me.*

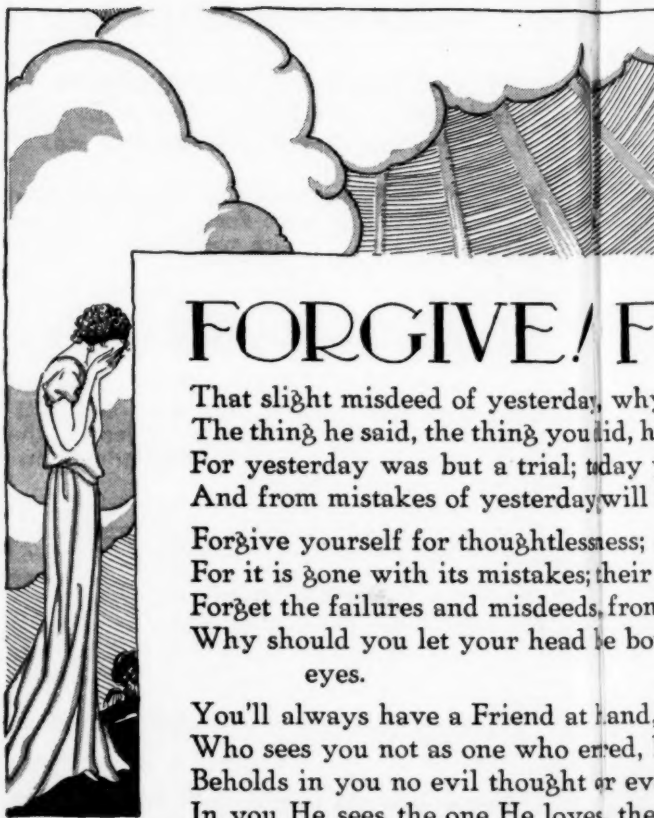
IN THE consciousness of justice, there can be no place for injustice. If we believe in justice we believe in something with spiritual values, something impersonal and unaffected by personal standards. If the justice of God is a reality to us, then the fallacy of injustice as having power is apparent.

If we would be justly treated by others, we must treat them justly. We must deal with them through the consciousness of justice, the same consciousness through which our own justice is to be made manifest.

Justice comes when we see our relation to God and the universe as an impersonal one—unaffected by what other persons think, say, or do. The impersonal life is sure to take away belief that persons can deal unjustly with us. It is just as certain to establish us in the realization that God alone is our judge, the supreme lawgiver, and the dispenser of righteous judgment.

Rise out of the belief that others can affect your justice.

One *only* is the lawgiver and judge . . . but who art thou that judgest thy neighbor?—*James 4:12.*



FORGIVE! F

That slight misdeed of yesterday, why
The thing he said, the thing you did, h
For yesterday was but a trial; today
And from mistakes of yesterday will

Forgive yourself for thoughtlessness;
For it is gone with its mistakes; their
Forget the failures and misdeeds, from
Why should you let your head be bo
eyes.

You'll always have a Friend at hand,
Who sees you not as one who erred,
Beholds in you no evil thought or ev
In you He sees the one He loves, the

E! FORGET!

Yesterday, why should it mar today?
You did, have long since passed away;
Alas! today you will succeed,
Tomorrow will come some noble deed.
Thoughtless; do not condemn the past,
Facts; their memory cannot last;
Facts, from such experience rise;
Need he bowed? Lift up your heart and

at hand, One who'll forgive, forget,
Unerring, but's loyal to you yet,
Without even trace of sin;
Loves, the one who's bound to win.



SUNDAY, JANUARY 12

Today's Dynamic Word: *Nothing can tempt me to be disloyal to Truth, to be faithless to God. I am strong in the conviction that God alone can rule and govern my life.*

IF YOU would avoid temptation, you must keep your thought riveted upon the desire for good. You must not waver. You must not be tempted to think evil or to speak evil. You must have no latent desires for anything short of the best and the highest.

To lower your vision is to put yourself in position to behold things of limitation. You will appear to see them as your own or to behold yourself as linked to them. You can readily see that the temptation to look at the world of limitation enacts its penalty. If it becomes real to you, then you identify yourself with it. The temptation that promised pleasure will not be your friend.

If you become strong in the conviction, the first assurance, that the truth of God is the truth governing your life, then you cannot be tempted. If you become convinced that God is all in all, then you will cease to place yourself in position to be touched by adverse thought.

Let no man say when he is tempted, I am tempted of God; for God cannot be tempted with evil, and he himself tempteth no man.—*James 1:13.*

MONDAY, JANUARY 13

Today's Dynamic Word: *I am delivered from every undesirable and adverse situation because I abide in the consciousness that Christ is my Savior.*



TO BE delivered from an adverse situation we must take our thought off it. We must cease to think of it as being related to us, as affecting us, as having power over us. We must think of ourselves as something untouched by adverse circumstances.

Christ, the Truth, frees us from erroneous beliefs. If we believe that persons or things can harm us, then only the truth that they cannot—the truth that God alone has power—can deliver us.

If a person finds himself in an adverse situation he may be sure that he has entertained a negative belief that would attract such a situation. He has believed in some power as mightier than God. He has thought of external things as having more power than Christ within him. He has lost sight of the omnipotence of God and of his own relation to it.

Deliverance from adversity comes with the deliverance from its belief. Through Christ, the Truth, our deliverance must come, since through Antichrist, adverse belief, adversity has been brought into manifestation.

He delivered me, because he delighted in me.
—II Sam. 22:20.

TUESDAY, JANUARY 14

Today's Dynamic Word: *The path of Spirit draws me from the way of adversity, disease, and failure, and I go the way of peace, health, and success.*

WHEN a person allows himself to fall into a state of negation, everything seems to go wrong. He seems to be drawn into a path of adversity. His negative consciousness appears to have betrayed him into the way of negative situations.

If everything seems to go wrong for you, the way out is very simple. Change your attitude of mind toward life. Cease to travel in thought along the way of adversity. No longer live mentally in a world wherein adversity, disease, and failure seem possible to you. Do not think of hard luck, misfortune, or failure as being a part of your world. Do not think of external things or circumstances as having power to draw you into a net of adversity.

The way of Spirit is the way of peace, health, and success. You, the Father's son, must go His way and receive His blessings. Even now you must turn your thought and your steps from adversity and enter the path of harmony, strength, and plenty. There are many blessings on this path. It is the one and only way that Spirit knows. It is God's only way, His only will, for you.

Make straight paths for your feet.—*Heb. 12:13.*

WEDNESDAY, JANUARY 15

Today's Dynamic Word: *The light of God within me illumines my body temple. I think of my body as freed from all darkness and heaviness.*

DO YOU entertain darkened and heavy thoughts about your body? Do you think of it as flesh, going the way of all flesh? Have you perceived the truth about your body?

The body is the embodiment of thought. If we think of it as fleshly and material, our thoughts manifest as flesh and matter. If we perceive the truth that the body is God's holy temple, then the truth outpictures in the body as holiness, healthiness, and perfection.

Dark and heavy thoughts overshadow the truth and light of God. When we think Godward, we perceive the light shining our way. When we seek the light within us, then we perceive it shining.

In manifestation your body may appear to be far from being a holy temple but, remember, the truth is still true. When your thought is lifted up, your body will be. You will discover that your body is God's body, the vehicle through which He manifests health and perfection. God's holy temple is now being erected in the heavens of your mind.

Thy whole body shall be full of light.—*Matt. 6:22.*

THURSDAY, JANUARY 16

Today's Dynamic Word: *I give up all belief in age and in physical disintegration. I abide in the consciousness that the newness and youth of Spirit keep me eternally young.*

DO NOT allow yourself to become affected by the race belief in age. Keep mentally young: physical youth will follow. Learn to live close to Spirit and identify yourself with the youth of Spirit.

If you want to celebrate birthdays, do so with the consciousness that birthdays do not fasten age upon you. Do not think of life as a process of growing old. Think of life as an opportunity to live. Live a radiant and optimistic life. Feel the ever renewing power of Spirit within you.

Your outlook upon life in general must be an elevated one if you are to live the fuller, nobler, more exalted life. Those who turn their eyes earthward turn to dust. Those who look heavenward live in heaven. Those who think youthful thoughts eventually manifest and demonstrate youth.

Do not allow the affairs of the world to crush you to its bosom. Master the things of the world and go forward in youth and mastery. Go forth in your youthful supremacy.

His flesh shall be fresher than a child's;
He returneth to the days of his youth.

—Job 33:25.

FRIDAY, JANUARY 17

Today's Dynamic Word: *Joy unspeakable fills my heart, and my whole world is full of joy.*



THE JOY that comes from knowing our oneness with God and the universe is a joy unspeakable. When we have the right understanding of our relation to God, to all men, and to all things, we cannot be without joy. We cannot be unhappy when we know Truth and hold steadfastly to it.

Sadness and depression indicate that the individual has lost sight of God. He has ceased to realize that he is in God and God is in his midst. He has looked upon the world as having power to affect him and to make him unhappy. The solution to his difficulty lies in knowing that no external thing can keep him from knowing God. Turning to God, the source of perpetual joy, we find that God is all in all and that there is nothing to keep us from the truth of His joy.

The joy of the Lord is indefinable, since it cannot be described in terms of the world. When we cease to look to persons or to things for joy we find true inner joy, the joy emanating from the presence of God.

Enter into the joy of Spirit, your own joy, the divine joy in your very heart of hearts.

Rejoice greatly with joy unspeakable and full of glory.—*1 Pet. 1:8.*

SATURDAY, JANUARY 18

Today's Dynamic Word: *No longer looking to any other time or place for my happiness, I realize that I am now and here in the midst of heaven.*



WE CEASE to look to the future for the appearing of heaven when we know the truth that heaven is now manifesting itself. We do not look to any other place for it when we realize the truth that it is right here in our midst. In reality, heaven is within us and we are in heaven.

What has hidden our heaven from us? Worldly and mortal thoughts. Our minds have been darkened by worldly beliefs. The world of sin and evil has charmed us into believing it real, and into looking upon heaven as remote and phantasmal. Educating our thought causes us to give up old values and standards. The new education, the understanding of Truth, shouts the nothingness of worldly values and the reality of heaven here and now in our midst.

When men perceive the truth about heaven, they begin to live. They decide to walk the golden streets now, to play their harps and sing their songs of praise now. They refuse to postpone their happiness. They decide to live—happily, sanely, and righteously.

Do not let the world of adversity and illusion appeal to you as heaven.

The kingdom of heaven is at hand.—Matt. 4:17.

SUNDAY, JANUARY 19

Today's Dynamic Word: *New light and new understanding are mine, in Christ.*

This statement is the Silent Unity illumination word to be used from January 20 to February 19.



CHRIST, to us, is the light of Truth. Christ is the higher consciousness within us that reveals to us the truth about ourselves, our relation to God, and our oneness with God's world of reality and perfection.

We think of Christ as the light of the world because He revealed to a world of darkness the truth of the world of light. He shed rays of light upon a world of shadows—inharmony, disease, fear, and lack—and revealed the truth about peace, love, life, and plenty. This light playing upon the consciousness of the individual became illumination and understanding. Christ, to man, is man's inner light—his wisdom, his source of illumination, revelation, and inspiration.

We think of Jesus as one who knew the secret of life. Within Him burned the light of Christ, the same light of God to which all men must turn. Those who would turn to Christ—light, truth, and life—must direct their thought to Him at the very center of their being.

It is God, that said, Light shall shine out of darkness, who shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ.—II Cor. 4:6.

MONDAY, JANUARY 20

Today's Dynamic Word: *Forgetting the things that are behind, I press forward to new life, strength, and health, in Christ.*

This statement is the Silent Unity healing word to be used from January 20 to February 19.



CULTIVATE the ability to forget about human weaknesses. Forget your aches and pains. Forget the mistakes and worries of yesterday. Forget the things of which you accused yourself just a moment ago.

Erase from mind every thought that would link you to the unpleasantness of the past. Forgive and forget. Empty out of consciousness every offending thought. Lay hold of the blessings of today, your blessings, those through which God is now blessing you.

Press forward and upward into the consciousness wherein your life, strength, and health will be revealed to you. Aspire heavenward and behold your perfection in Christ. Look into the mirror of Truth and see yourself as God sees you and as you are beheld in heaven. Behold your perfect being, your perfect body, and realize that right now and here you are free from all belief in disease and are established in unchanging health and strength.

But one thing *I do*, forgetting the things which are behind, and stretching forward to the things which are before, I press on toward the goal.—*Phil. 3:13, 14.*

TUESDAY, JANUARY 21

Today's Dynamic Word: *Forgetting the insufficiency of the past, I rejoice in the plenty of the present, in Christ.*

This statement is the Silent Unity prosperity word to be used from January 20 to February 19.

RISE OUT of the failures of yesterday. Cease to blame yourself for poor judgment in handling financial matters. Cease to brood about your resources and prosperity of yesterday. Direct your thought to today's opportunities, today's success.

There is just as much prosperity for you today as there was existing for you yesterday. In fact, there is even more, because your consciousness has expanded and has become more appreciative of the fact that God is everywhere in His world as your resource and supply.

Rejoice in the prosperity that is manifesting for you today. Rejoice in new and rich ideas. Rejoice in opportunities to manifest substance. Rejoice in the knowledge that as you lift your eyes heavenward you behold an outpouring of every conceivable blessing.

To demonstrate prosperity you must cease to think of lack as related to you in any way. You must know that right now you are coming into greater blessings and increased prosperity. Prosperity is a tangible thing, an actuality.

Now ye are full, now ye are rich.—*I Cor. 4:8* (A. V.).

WEDNESDAY, JANUARY 22

Today's Dynamic Word: *Knowing the truth of the Christ Mind, I cause my every thought to conform to this high standard.*



WE CEASE to think thoughts of fear, hate, disease, and lack when we contact the Christ Mind within us. Beyond the realm of mortal thought is the mind of spiritual consciousness, the mind of Truth, the mind of Christ. When we cease to think thoughts of limitation, when we perceive Truth, we turn to Christ, in whom all truth abides.


Since it is through consciousness that Truth is perceived, we must discipline our thought. Knowing Truth, we know our true relation to Christ within us and to all the universe. Therefore, we must cease to think thoughts that would drive us from Christ, the Truth, and must think those thoughts that would make us Christlike.

Truth is our standard of thinking. If a thought does not conform to the Truth of Christ, the Truth of life, we should not think that thought. We should have no place in our minds for that which we do not wish to behold manifest in our bodies. We must learn to dwell upon thoughts of Truth, life, and love in order to make the Christ within us appear as our own perfection.

Bringing every thought into captivity to the obedience of Christ.—*II Cor. 10:5.*

THURSDAY, JANUARY 23

Today's Dynamic Word: *I am not dishonest or deceptive. I am true to Christ within me, true to my highest ideals, loyal to the Truth of Christ.*

 **ARE YOU** loyal to the truth that you know, at all times? Loyalty to Truth is loyalty to Christ. If we are dishonest or deceptive we but delay the coming of Christ into our lives. Only through loyalty to Truth can our innate perfection appear.

When the belief in disease shows itself, are you still loyal to the truth about health? Does the Truth of Christ seem less true to you when disease appears? Then you must learn to be loyal. Even in the face of disease, even when it appears most real, you must know that only God is true and that in reality health alone is Truth.

You need to know Truth most convincingly, not when there is no occasion to practice it, but when falsehood about evil, fear, and disease appears. You can see that you must be loyal to Truth at all times. You must realize Truth when its very opposite appears to be true.

If Truth is to be enthroned in our midst, every inclination to think or speak falsely must be overcome. We must learn to live in a world in which God rules us completely.

He that uttereth truth showeth forth righteousness.—*Prov. 12:17.*

FRIDAY, JANUARY 24

Today's Dynamic Word: *The presence of Spirit frees me from all tension and I relax in the consciousness that all is well.*

RELAX in the realization that in Truth there is nothing in all this universe to make you tense. In Truth nothing can prevail against you, nothing can oppose your well-being.

You will cease to be tense when you discover the truth that God is constantly at work giving you peace and every other conceivable blessing. You no longer will be tense when you know that persons and things cannot affect your life. Only God, the good, can govern you and your affairs.


Relax in the presence of God. In this presence there are no problems, no uncertain future, no disastrous outcome. Only when you cease to know Truth do you plunge yourself into uncertainty. Only by knowing Truth so convincingly that you cannot believe anything else to be true can you relax in the understanding that Spirit is at work at all times in all your affairs.

Give some part of each day to the practice of the silence and to relaxation. Eventually this practice will give you a life of relaxation and poise.

He entereth into peace; they rest in their beds,
each one that walketh in his uprightness.—*Isa. 57:2.*

SATURDAY, JANUARY 25

Today's Dynamic Word: *I do not think of myself as living in a world of noise and confusion. I confidently abide in the quietness of Spirit within me.*

HE JAZZ and jangle of the world are the very antithesis of the world of Spirit, the world of peace and quiet. Cease to think of yourself as a part of a world of noise and confusion. Sever all connection with every irritating belief. Enter into the secret, inner chamber in which Spirit is lord of quiet.

The true world is a world of stillness. As you learn to get still you find this world of quiet. You discover the presence of Spirit and your own relation to it. You find the peace that is the peace of angels—yes, the peace of the sons of God.

In the stillness and quietness of Spirit there can be no noise, disorder, or confusion. There can be only quiet and peace where there is only God. In this quiet we rise above the world of noise. In fact, we discover that in Truth there is only quiet. Our senses no longer tell us that outer things are irritating. The Spirit of God speaks to our souls and we become quiet and assured that peace and quiet reign supreme.

We find the stillness of spiritual realms.

The effect of righteousness, quietness and confidence for ever.—*Isa. 32:17.*

SUNDAY, JANUARY 26

Today's Dynamic Word: *I no longer behold evil or seek to find it. Through eyes of Spirit I see the world of reality, the world of good, God's perfect world.*

WHY DO the pure in heart see God? Their purity of heart gives them purity of vision. They have power to see through the mist and fog—through matter, the seeming, the illusion—and to behold God, the good, in manifestation. Purity in the depths of their hearts extends to the outermost bounds of their world.

What is purity of heart? Freedom from baseness, hate, fear, disease. Cleanliness of heart is a purification that comes when Truth is established. The truth about love purifies the heart of hate and fear. The truth about disease cleanses the heart of all belief in disease and weakness.

Do you long to be perfectly clean? Then clear your thought. This alone can cleanse your soul and purify your body. When Spirit has access to your mind you will think heavenly thoughts. You will be pure in mind, pure in heart. The world of illusion will fade from your vision because there will be no worldly eyes to see it.

Thou that art of purer eyes than to behold evil, and that canst not look on perverseness . . . hold-est thy peace.—*Hab. 1:13.*

Today's Dynamic Word: *In the sight of Christ, the Truth, I am free from imperfection. I am the perfect child of God.*



WHAT ARE you? Do you think of yourself as a person who, at times, appears to be distressed and unhealthy, or do you think of yourself as something unaffected by adverse beliefs, something Christ-like? Are you something that changes according to environment, or something like the principle of Truth, unchangeable, enduring?

You can think of yourself according to the race idea—as being subject to inharmony, fear, and disease, something mortal. On the other hand, you can think the truth about yourself and behold yourself as God sees you—perfect in all ways.

As the child of God you are free from all sin, blemish, or stain. You are untouched by mortal thought, unaffected by belief in disease. Like your Father, you are perfect and entire. The perfection of your spiritual Father manifests in you, His son. His life, light, and love are expressed in and through you.

You but discredit the Father when you think of His son as imperfect.

Now unto him that is able to guard you from stumbling, and to set you before the presence of his glory without blemish . . . *be* glory, majesty, dominion and power.—*Jude 24, 25.*

Today's Dynamic Word: *Christ, the perfect child of God in me, now appears as my own Christ self in manifestation.*



THE CHRIST in you must come forth even as it came forth in Jesus. That which is spiritual in you must appear in the manifest world as the real you. The inner man must develop until he appears as the outer man and you are seen by all men even as you now see within you the Christ man.

Christ is in you and you are in Christ. Christ is God's perfect idea of Himself. In God Mind this perfect idea is man (or woman). When through spiritual consciousness the spiritual idea is discerned, the idea begins to manifest and the perfect man appears in manifestation.

Christ is your spiritual self. Christ is the higher nature that you occasionally perceive as something divinely true of yourself. Christ is the inner quiet, the confident assurance, the wholesome, and the wholeness.

Christ is the perfection which we all strive to attain. Christ is the pattern of perfection to which we feel we must conform. Christ is that within us that makes us akin to God, members of His holy family.

Till we all attain unto . . . a fullgrown man, unto the measure of the stature of the fulness of Christ.—*Eph. 4:13.*

Today's Dynamic Word: *Now is the only time in which to live, because now God is with us, now He is blessing us.*

LIVING in the now has many advantages. The eternal now is the time of Spirit and, learning to live in the now, we live the spiritual life. The past and the future are of value only in computing events in their relation to present time.

At the present moment we catch a glimpse of the timeless time of Spirit. We find that in reality there are no past and no future. Only present time is recognized in Spirit.

The time to be happy is right now. The time to lay hold of spiritual blessings is in the time of Spirit—now. The time to demonstrate God's goodness to us is the present moment.

Time, to us, must always be opportunity. At the present moment we exist at the standpoint of opportunity. We live in the time in which idea and manifestation are one, desire and fulfillment are unified, prayer and demonstration are united.

Since all spiritual blessings are eternal, your health and prosperity exist at the present moment. Those blessings that you have anticipated in the future exist now as your eternal possessions. You have them when you rise to consciousness of them and claim them.

Redeeming the time.—*Eph. 5:16.*

Today's Dynamic Word: *In the consciousness of my eternal oneness with God and all things I am unified with God and all good.*

RISE ABOVE every belief in separation from God or His blessings. Cease to think of any person, thing, or event as able to set up a barrier between you and God. Know that Truth breaks down all obstacles and reveals to you that you are one with the blessings of God.

It is easy to believe that God is separated from us when we believe in the reality of evil. When through thought we unify ourselves with adverse appearances, we break our pledge with God and the bond of holiness that unites us to Him appears to be severed. The way out of the situation is the way of right thought, the way of spiritual progress.

Oneness with God presupposes a oneness with all that God includes—Truth, life, and love. Our blessings may appear to be hidden from us, but the light of Truth will reveal them to us. Life may appear to cease, but Truth will reveal its eternal character and our oneness with endless life. Love may seem for a while to vanish, but our oneness with the Father's love will reveal love when love is needed.

Giving diligence to keep the unity of the Spirit.
—Eph. 4:3.

FRIDAY, JANUARY 31

Today's Dynamic Word: *I deny that evil has place or power. I affirm that God, the good, is omnipotent. This clear realization is my constant prayer.*

PAYER, to the Christian metaphysician, is a spiritual realization. Prayer ceases to be a beseeching when Truth is understood. Through the high realization of prayer we recognize that which is not true and that which is divinely true. We realize that evil in all its guises is without place or power in God's world of reality. We realize that God, the good, is supreme and omnipotent.

If you have not been successful in your praying, try positive prayer. Take the positive attitude and realize that you are receiving the things for which you are praying. When you believe this truth, you will receive in bountiful measure.

To keep in an attitude of constantly realizing Truth is to keep in a realization of the power of positive prayer. Do not beseech God for the things that are already yours; give Him thanks for them. Be affirmative. If there is some condition to deny, do so, but keep your mental attitude affirmative, even when denying.

When we are in prayer, we are in spiritual consciousness.

These all with one accord continued steadfastly in prayer.—*Acts 1:14.*

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